

Figure 1 is a schematic representation of the experimental design. It shows a vertical timeline of events for two groups: 'Control' and 'Experimental'. The timeline starts with 'Baseline' and ends with 'Post-test'. The 'Control' group receives 'Baseline', 'Training', and 'Post-test'. The 'Experimental' group receives 'Baseline', 'Training', 'Post-test', and 'Follow-up'. The 'Training' phase is divided into 'Pre-training' and 'Training' sub-phases. The 'Post-test' phase is divided into 'Post-test' and 'Follow-up' sub-phases. The 'Follow-up' phase is further divided into 'Follow-up' and 'Post-test' sub-phases.

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